**Session 1**

**Title:** Getting Acquainted

**Brief Summary of Session:** To begin the session, the group will do brief introductions, establish rules, and begin discussing self-esteem. In this session, group members will briefly discuss positive statements. Group leader will model making positive statements and group members will have the opportunity to practice.

**Theoretical Orientation:** Adlerian and Cognitive Behavioral

**Specific Group Technique:** Creating community feeling (Adlerian), modeling positive statements (Cognitive Behavioral)

**Duration:** 30 Minutes

**Materials/ Media:** 2 sheets of paper (for rules), markers, paper stars

**Core ASCA Standard(s):**

* PS:A1.9 Demonstrate cooperative behavior in groups (ASCA, 2003, p.106)
* PS:A1.10 Identify personal strengths and assets (ASCA, 2003, p.106)
* PS:A2.6 Use effective communication skills (ASCA, 2003, p.106)

**Core State Academic Standard(s):**

* Students will acquire an understanding of, and respect for, self and others, and the skills to be responsible citizens (Virginia Board of Education, 2004).
* Oral Language 7.1 The student will give and seek information in conversations, in group discussions, and in oral presentations (Virginia Department of Education, 2011).

**Objective:**

* Each group member will be able to make one positive self-statement given the opportunity to share in the group by the end of the first group session.

**Assessments**: The professional school counselor will use a behavior checklist to assess this object (found in Appendix 4).

**Procedures/ Instructional Strategy:**

*Pre-instructional Activity*: The Rosenberg Self-Esteem Scale (Rosenberg, 1965) (found in Appendix 2) will be administered to seventh graders in homeroom as a part of needs assessment.

*Opening* (13 min)

1. Professional school counselor (PSC) welcomes students to group. PSC gives a brief introduction to the group by explaining that group members will be discussing and learning about feeling good about themselves. PSC will introduce opening ritual in which group members will recite together, “We are kind, we are smart, we are important.” (3 min) (Corey, 2012).
2. PSC asks students to introduce themselves and state one thing they are good at doing, one thing they would like to be good at doing, and one thing they want to learn in the group (Corey).
3. PSC explains that sometimes group can be uncomfortable because individuals are asked to share, but group can be a positive experience when we work well together, which leads into discussion of rules. PSC explains that group will be more comfortable if basic rules are established. PSC will invite students to suggest rules for group, write down all suggestions, and then discuss/frame rules in positive way. PSC will write final rules on paper with markers, and PSC will ask all group members to agree to rules by signing rules paper (Corey). (10 min)

*Working* (11 min)

1. The PSC will briefly introduce the concept of positive self-statements. PSC will ask group members to share what they think a positive self-statement is. After group members share, PSC will share that a positive self-statement involves saying something encouraging or affirmative about oneself. The PSC will model this skill (Corey). (3 min)
2. After the PSC models this skill, group members will have the opportunity to practice. Group members will be given a paper star and a marker and will be asked to write one positive self-statement on the star. If they feel comfortable sharing their positive statements, group members will be asked to recite the statement to the group (Philpot & Bamburg, 1996). PSC will affirm group members’ efforts in activity. (8 min)

*Processing* (4 min)

1. PSC will ask group members what it was like to write down a positive statement about themselves. PSC will ask group members what it was like to share their positive statements with the group (Philpot & Bamburg). (4 min)

*Closing* (3 min)

1. PSC will thank group members for their willingness to share in the first group and affirm their efforts. PSC will instill hope by making statement regarding the anticipation of good work and progress to be made in the group (Corey). (1 min)
2. PSC will assign homework. Homework will be for students to recite the positive statement written on their stars to themselves each day until the next group meeting (Philpot & Bamburg) (1 min)
3. PSC will initiate closing ritual of reciting, “We are kind, we are smart, we are important” (Corey). (1 min)

**Homework/ Ownwork**: For homework, group members will make one positive self-statement aloud to self each day until next group meeting.

**Group Stage and Emerging Issues:** Because this is the first group session, the group is in the initial stage (Corey). Group members will be struggling with trust/mistrust and getting a feel for the group atmosphere (Corey). Group members will likely not take risks in this stage, so positive self-statements may be general, such as “I’m nice” (Corey). There will likely be periods of silence or group members may be hesitant to answer questions initially (Corey). Group members may experience feelings of anxiety about inclusion or not fitting in with the group (Corey).